

1. The American Red Cross was founded by
 - a. Florence Nightingale.
 - b. Harriet Tubman.
 - *c. Clara Barton.
 - d. Mary Mahoney.
2. Nurses working in the Henry Street Settlement in 1893 were among the first nurses to demonstrate autonomy in practice. This was because those nurses
 - a. Had no ability to work in the hospital setting.
 - *b. Were required to use critical thinking skills.
 - c. Focused solely on healing the very ill.
 - d. Planned their care around research findings.
3. In 1923, the Goldmark Report was an important study that
 - a. Formed formal nurse midwifery programs.
 - b. Established the Center for Ethics and Human Rights.
 - c. Revised the ANA code of ethics.
 - *d. Led to the development of the Yale School of Nursing.
4. The nurse has been working in the clinical setting for several years as an advanced practice nurse and has earned her master's degree as a family nurse practitioner. However, she seems unfulfilled and has a strong desire to do research. To fulfill her desire, the nurse most likely would apply to attend a program that would lead to a
 - a. Doctor of Nursing Science degree (DNSc).
 - *b. Doctor of Philosophy degree (PhD).
 - c. Doctor of Nursing Practice degree (DNP).
 - d. Doctor in the Science of Nursing degree (DSN).
5. The nurse is caring for her patients and is focused on managing their care as opposed to managing and performing skills. This nurse demonstrates which level of proficiency according to Benner?
 - a. Novice
 - b. Competent
 - *c. Proficient
 - d. Expert
6. Which of the following resources guides faculty on structure and evaluation of the nursing curriculum?
 - a. ANA's *Standards of Nursing Practice*
 - *b. *Essentials of Baccalaureate Education*
 - c. *NLNAC Interpretive Guidelines*
 - d. *Standards of Professional Performance*
7. The physician is planning to take the patient to surgery in the morning and leaves an order for the nurse to get the patient to sign the surgical permit. The physician's note indicates that the patient has been educated on the procedure. However, the patient tells the nurse, "I have no idea what he's going to do. He rushed in and rushed out so fast, I couldn't ask any questions." The nurse does not allow the patient to sign the permit and calls the physician to inform him of the patient's statement. This is an example of the nurse acting as

- *a. Patient advocate.
 - b. Patient educator.
 - c. Manager.
 - d. Clinical nurse specialist.
8. The student nurse has a goal of becoming a certified registered nurse anesthetist (CRNA). It is important for the student to understand that the CRNA
- *a. Works under the guidance of an anesthesiologist.
 - b. Manages acute medical conditions.
 - c. Manages gynecological services such as PAP smears.
 - d. Must have a PhD degree in anesthesiology.
9. The nurse is speaking in front of a group of ninth grade students about nursing as a profession. One student states that she does not want to be a nurse because all nurses do is take care of sick people and play politics. The most appropriate response that the nurse could give and expand on is that
- a. Nursing is ideal for the person who hates politics.
 - b. Nursing focuses on curing the person's disease.
 - c. Nursing is not political because it has its own knowledge base.
 - *d. An area of nursing exists for every interest.
10. A bill has been submitted to the State House of Representatives that is designed to reduce the cost of health care by increasing the patient-to-nurse ratio from a maximum of 2:1 in intensive care units to 3:1. The nurse realizes that
- a. Legislation is politics beyond the nurse's control.
 - b. National programs have no bearing on state politics.
 - *c. The individual nurse can influence legislative decisions.
 - d. Focusing on nursing care provides the best patient benefit.
11. During the American Civil War, which of the following women was active in the Underground Railroad movement and assisted in leading more than 300 slaves to freedom?
- *a. Harriet Tubman
 - b. Clara Barton
 - c. Dorothea Dix
 - d. Mary Ann Ball (Mother Bickerdyke)
12. Which concept means that the nurse is responsible, professionally and legally, for the type and quality of nursing care provided?
- a. Autonomy
 - *b. Accountability
 - c. Patient advocacy
 - d. Patient education
13. The nurse is caring for a patient who is on Medicare. Because the patient is on Medicare, the nurse is aware that
- a. The hospital will be paid for the full cost of the patient's hospitalization.
 - b. Capitation provides the hospital with a means of recovering variable charges.
 - *c. Diagnosis-related groups (DRGs) provide a fixed reimbursement of cost.
 - d. Medicare will pay the national average for the patient's condition.

14. Care designed to prevent further progression of a disease is termed
 - a. Primary prevention.
 - b. Secondary prevention.
 - *c. Tertiary prevention.
 - d. Health promotion.

15. The patient is to be discharged home from a tertiary care center later in the week; therefore, the nurse
 - a. Coordinates referral of patients to services provided by other disciplines.
 - b. Monitors the patient's progress through discharge.
 - c. Cares for patients after discharge.
 - *d. Anticipates and identifies patient needs.

16. The nurse is serving on the hospital's Quality Improvement Committee. As the nursing representative, the nurse focuses quality improvement measures on
 - a. Outcomes unrelated to patient satisfaction.
 - *b. Desired health outcomes.
 - c. Factors solely affecting inpatients.
 - d. Increasing patient-to-nurse ratios.

17. When the nurse first meets the patient, it is important to establish a dialogue if possible; patient-centered care stresses that it is important for the nurse to recognize that
 - a. Patients usually want to rely on the nurse for patient care.
 - b. Patients usually want to keep their fears and concerns to themselves.
 - *c. It is important to identify patient expectations.
 - d. Patients usually have insurance and do not worry about finances.

18. Which of the following, established by Congress in 1983, eliminated cost-based reimbursement for patients who received Medicare benefits?
 - *a. Prospective payment system (PPS)
 - b. Professional standards review organizations (PSROs)
 - c. Utilization review (UR) committees
 - d. Capitation

19. The setting of health care services that includes blood pressure and cancer screening is _ care.
 - a. Secondary acute
 - *b. Preventive
 - c. Tertiary
 - d. Restorative

20. The nurse is caring for a patient who has a diagnosis that she is not familiar with. The nurse uses reference materials and does a literature search to better understand the diagnosis. The nurse then utilizes this knowledge, along with the nurse's experience and patient preferences, to develop a plan of care. This is an example of the nurse using _ to provide care for her patient.
 - *a. Evidence-based practice
 - b. Research-based practice
 - c. Applied quality improvement
 - d. Nursing informatics

21. Public health nursing differs from community health nursing in that public health nursing
 - a. Focuses on individuals and families.
 - *b. Understands the needs of a population.
 - c. Ignores political processes.
 - d. Considers the individual as one member of a group.

22. A specialist in public health nursing requires
 - a. The same level of education as the community health nurse.
 - b. Preparation at the basic entry level.
 - c. An advanced degree regardless of public health experience.
 - *d. A graduate level education with a focus in public health science.

23. The type of nursing that focuses on acute and chronic care of individuals and families while enhancing patient autonomy is known as _ nursing.
 - a. Public health
 - b. Community health
 - *c. Community-based
 - d. Community-focused

24. The community health nurse is administering flu shots to children at a local playground. In doing so, the nurse's focus is on
 - a. Preventing individual illness.
 - *b. Preventing community outbreak of illness.
 - c. Preventing outbreak of illness in the family.
 - d. The needs of the individual or family.

25. Community-based nursing care takes place in community settings such as the home or a clinic. Ideally, this is done to
 - a. Exert greater control over individual or family decisions.
 - *b. Provide services close to where patients live.
 - c. Isolate patients and prevent the spread of disease.
 - d. Reduce the need for self-care.

26. The student nurse is trying to determine what type of nurse she wants to be after graduation. In class, she states that community health nursing is probably not for her because community nursing focuses only on community issues such as preventing epidemics. The instructor's most appropriate response would be that community health nursing
 - *a. Focuses on the health care of individuals, families, and groups in a community.
 - b. Focuses only on the health of a specific subgroup in a community.
 - c. Requires an advanced nursing degree, so the student need not worry.
 - d. Focuses only on maintaining the health of the community.

27. The nurse is making a home visit to a Korean family whose daughter gave birth 6 weeks earlier. She finds the daughter in bed with a severe headache. The daughter's father is holding her hand and is pressing different parts of the hand and lower arm. The mother explains that the father is trying to cure the headache by using pressure points. The nurse's best response would be to
 - a. Tell the father to stop and give the daughter Tylenol.
 - *b. Ask the mother and/or father to explain the procedure.

- c. Explain to the father that what he is doing will not work.
 - d. Let the father finish and then give the daughter Tylenol.
28. The nurse is working in a community clinic when a man and woman bring a 12 year-old boy in, stating that the child fell down a flight of stairs and hurt his arm. The nurse notices several other bruises on the child's body at varying stages of healing. The boy is placed on the stretcher. When asked how he hurt himself, he states that he does not remember. However, the nurse notices that the boy continuously avoids looking at the man, while the man stares at him constantly. The nurse should
- a. Ask the boy if the man hurt him.
 - b. Confront the man directly.
 - *c. Ask the man and woman to step out.
 - d. Ask the woman if the man hurt the boy.
29. The nurse is working with a 16-year-old pregnant female who tells the nurse that she needs an abortion. The nurse provides the patient with information on alternatives to abortion, but after several sessions, the patient still insists on having the abortion. The competency of the counselor requires the nurse to
- a. Insist that the patient speak with a "Right-to-Life" advocate.
 - *b. Provide a referral to an abortion service.
 - c. Refuse to provide referral to an abortion service.
 - d. Delay referral to an abortion service.
30. The patient is in the hospital with the diagnosis of early-onset Alzheimer's disease. Before the patient is discharged, the community-based nurse is making a visit to the patient's home, where he lives with his daughter and her family. A major focus of this visit will be to
- *a. Demonstrate caregiver techniques for providing care.
 - b. Stress to the family how difficult it will be to provide care at home.
 - c. Encourage the family to send the patient to an extended care facility.
 - d. Teach the family how to have the patient declared incompetent.
31. The patient is being readmitted to an inner city hospital for chest pain after being discharged 3 months earlier after having a heart attack. The patient was referred to the hospital's cardiac rehabilitation program after her previous admission. The patient states that she began going to cardiac rehabilitation and liked it but stopped. When asked why, she states that, at the beginning, the classes were at 9 AM, but then got switched to 7 PM, when it's dark. The cardiac rehabilitation program was within walking distance of the patient's home. What is the most likely cause of the patient's unwillingness to go to cardiac rehabilitation?
- a. Lack of transportation
 - *b. Fear of walking at night
 - c. Reimbursement issues
 - d. Noncompliance
32. The type of theory that is used to develop and test specific nursing interventions is known as _ theory.
- a. Grand
 - *b. Prescriptive
 - c. Descriptive

- d. Middle-range
33. The nurse researcher is evaluating whether holding pressure at an injection site after injecting the anticoagulant enoxaparin (Lovenox) will reduce bruising at the injection site. This study involves a prescriptive theory because it
- *a. Tests a specific nursing intervention.
 - b. Explains why bruising occurs.
 - c. Is broad in scope and complex.
 - d. Reflects a wide variety of nursing care situations.
34. The student nurse is learning nursing theories but fails to see how they relate to the nursing process. The professional nurse realizes that nursing theory
- a. Has a minor role in professional nursing.
 - b. Requires the nursing process to develop knowledge.
 - *c. Can direct how a nurse uses the nursing process.
 - d. is specific to certain patients only.
35. A system is made up of separate components. A closed system
- a. Interacts with the environment.
 - b. Is exemplified by the human organism.
 - *c. Does not interact with the environment.
 - d. Is exemplified by the nursing process.
36. The nurse is caring for a patient diagnosed with essential hypertension. The physician orders blood pressure medication that the nurse administers. The nurse then monitors the patient's blood pressure for several days to help determine the effectiveness of the administration. In doing so, the nurse evaluates which of the following system components?
- a. Input
 - *b. Output
 - c. Feedback
 - d. Content
37. The patient is admitted to the ICU to rule out a myocardial infarction (MI). During the admission process, the patient is noted to have a history of methicillin-resistant *Staphylococcus aureus* (MRSA) and is placed in isolation until cultures can be obtained and the patient declared noninfectious. During the isolation process, the nurse encourages family visits, realizing that which level of Maslow's hierarchy of needs is at risk?
- a. First level
 - b. Second level
 - *c. Third level
 - d. Fourth level
 - e. Fifth level

38. The nurse is making rounds and finds her older adult patient sobbing and obviously upset. She states that her doctor told her that she has cancer, and she does not want to die. "What's the sense?" she says. "I might as well die. I'm going to anyway. I guess that shows how useless I really am. Nobody wants an old lady around." The nurse notices that the patient's respirations have increased, and the tip of her nose and ear lobes are becoming cyanotic. The nurse assesses the patient and finds that the patient's pulse rate is over 150 beats per minute. According to Maslow's hierarchy of needs, the nurse should first
- Call the physician to request a psychiatric consult.
 - Reassure the patient that she has value as a human being.
 - *c. Place the patient on oxygen and try to calm her.
 - Call the patient's family to help her realize that she is wanted.
39. As the initial model for nursing, Nightingale's "descriptive theory" encouraged nurses to
- Know all about the disease processes affecting their patient.
 - *b. Think about their patients and patients' environment.
 - Combine nursing knowledge with medicine.
 - Focus on medication administration and treatments.
40. The nurse is visiting a patient at home after he was discharged from the hospital following a heart attack. She listens to the patient's concerns about being an invalid for the rest of his life because of his bad heart, but he is afraid of having "open heart" surgery. The nurse explains the different surgical procedures that are available to the patient, as well as other options such as cardiac rehabilitation. After several such visits, the patient states that he believes that cardiac rehabilitation therapy would be best for him, and asks the nurse how he can get in. The nurse calls the patient's physician and sets up a referral for cardiac rehabilitation. This action most closely fits which of the following theories?
- *a. Peplau's theory
 - Henderson's theory
 - Nightingale's theory
 - Orem's self-care deficit theory
41. The patient is terminally ill and is under hospice care. The nurse cares for the patient by bathing, shaving, and repositioning him. The family believes that the end is very near and would like a Catholic priest called to provide the patient with the Sacrament of the Sick. The nurse places a call to the Catholic Church the patient attended and arranges for the priest's visit. Under which of the following theories does the nurse's care fall?
- Roy's adaptation theory
 - Watson's philosophy of transpersonal caring
 - *c. Henderson's theory
 - Orem's self-care deficit theory
42. The patient is newly diagnosed with diabetes and will be discharged in the next day or so. The nurse is teaching the patient how to draw up and self-administer his insulin. Which nursing theory is the nurse utilizing?
- Watson's philosophy of transpersonal caring
 - *b. Orem's self-care deficit theory
 - Rogers' theory
 - Henderson's theory

43. The nursing process is
- The generation of nursing knowledge for use in practice.
 - A systematic view of a phenomenon specific to inquiry.
 - A method used to inform a system about how it functions.
 - *d. A systematic process for the delivery of nursing care.
44. Nursing has its own body of knowledge that is both theoretical and practical. Which of the following is an example of theoretical knowledge?
- Reflection on care experiences
 - Synthesis and integration of the art and science of nursing
 - *c. Reflection on basic values and principles
 - Creating a narrow understanding of nursing practice
45. To provide patient care of the highest quality, nurses utilize an evidence-based practice approach because evidence-based practice is
- *a. A guide for nurses in making clinical decisions.
 - Based on the latest textbook information.
 - Easily attained at the bedside.
 - Always right for all situations.
46. In caring for patients, it is important for the nurse to realize that evidence-based practice is
- The only valid source of knowledge that should be used.
 - Secondary to traditional or standard care knowledge.
 - *c. Dependent on patient values and expectations.
 - Not shown to provide better patient outcomes.
47. The first step in evidence-based practice is to ask a clinical question. In doing so, the nurse needs to realize that in researching interventions, the question
- Is more important than its format.
 - Will lead you to hundreds of articles that must be read.
 - *c. May be easier if in PICO format.
 - May be more useful the more general it is.
48. In collecting the best evidence, the gold standard for research is
- *a. The randomized controlled trial (RCT).
 - The peer-reviewed article.
 - Qualitative research.
 - The opinion of expert committees.
49. The nurse is writing a research article on a patient care topic. The nurse realizes that the section that will get the reader to read the article because of the value of the topic for the reader is the
- Abstract.
 - *b. Introduction.
 - Literature review or background.
 - Results.

50. The nurse is caring for a patient with chronic low back pain. In providing care for this patient, the nurse wonders whether the guidelines utilized for this type of pain are adequate. The nurse wants to determine the best evidence-based practice regarding these guidelines. What is the best database for the nurse to access?
- MEDLINE
 - EMBASE
 - PsycINFO
 - *d. AHRQ
51. The nurse is developing a PICO question related to whether her patient's blood pressure is more accurate while measuring with the patient's legs crossed versus with the patient's feet flat on the floor. With P being the population of interest, I the intervention of interest, C the comparison of interest, and O the outcome, the nurse determines that this is
- A true PICO question, because the outcome always comes before the intervention.
 - *b. A true PICO question regardless of placement of elements.
 - Not a true PICO question, because the comparison comes after the intervention.
 - Not a true PICO question, because the outcome comes after the population.
52. Qualitative nursing research is valuable in that it
- Excludes all bias.
 - Uses randomization in structure.
 - Determines associations between variables and conditions.
 - *d. Studies phenomena that are difficult to quantify.
53. The nurse has used her PICO question to develop an evidence-based change in protocol for a certain nursing procedure. However, to make these changes throughout the entire institution would require more support staff than is available at this time. What is the nurse's best option?
- Drop the idea of making the change at this time.
 - Insist that management hire the needed staff to facilitate the change.
 - Seek employment in another institution that may have the staff needed.
 - *d. Conduct a pilot study to develop evidence to support the change.
54. The nurse is trying to identify common general themes relative to the effectiveness of cardiac rehabilitation for patients who have had heart attacks and have gone through cardiac rehabilitation programs. The nurse conducts interviews and focus groups. What type of research is the nurse conducting?
- Evaluation research
 - Experimental research
 - *c. Qualitative research
 - Nonexperimental research
55. The researcher is preparing to publish his study findings. In doing so, the researcher is aware of many ways that the study could have been done better, but that he did not have the ability to do. The researcher discloses these limitations in the manuscript, but they are most likely detected during which phase of the research process?
- Problem identification
 - b. Study design
 - c. Formulation of recommendations

- *d. Analysis of data
56. The hospital's quality improvement committee has identified a problem on one of the units. In using the PDSA method to help determine ways to deal with the issue, the committee decides to do a literature review. This is an example of quality improvement
- *a. Combined with evidence-based practice.
 - b. With inability to make the right decision.
 - c. With delay in the action needed.
 - d. With no designated method for dealing with issues.
57. The hospital quality improvement committee has noted that the incidence of needlestick injuries on a particular unit has increased. When faced with issues, the committee applies the PDSA model, a formal model for exploring and resolving quality concerns. Because the committee is multidisciplinary in nature, and few members are nurses, it is imperative that the committee first
- *a. Plan.
 - b. Do.
 - c. Study.
 - d. Act.
58. To increase quality and years of healthy life, *Healthy People 2020* focuses on four areas. One of those areas is
- a. Allowing people to continue current behaviors to reduce the stress of change.
 - b. Focusing only on individual health changes that will lead to better communities.
 - *c. Creating social and physical environments that promote good health.
 - d. Focusing on illness treatment to provide fast recuperation.
59. According to the World Health Organization, what is the best definition for "health"?
- a. Simply the absence of disease
 - *b. Involving the total person and environment
 - c. Strictly personal in nature
 - d. Status of pathological state
60. The nurse is preparing a smoking cessation class and is amazed at how many people still smoke even with the information on lung cancer so readily available. She believes that her class will convert many smokers to nonsmokers once they get all the latest information. The nurse is a believer in which of the following health care models?
- *a. Health Belief Model
 - b. Health Promotion Model
 - c. Basic Human Needs Model
 - d. Holistic Health Model
61. The health care model that utilizes Maslow's hierarchy as its base is the _ Model.
- a. Health Belief
 - b. Health Promotion
 - *c. Basic Human Needs
 - d. Holistic Health

62. The patient is describing moderate incisional pain that was not relieved by the last dose of hydromorphone (Dilaudid) given 90 minutes earlier. The patient is not due for another dose of medication for another 2 1/2 hours. The nurse repositions the patient, asks what type of music she likes, and puts on the music channel on the television, setting it to play that type of music. The nurse is attempting to utilize which health care model?
- Health Belief Model
 - Health Promotion Model
 - Basic Human Needs Model
 - *d. Holistic Health Model
63. Many variables influence a patient's health beliefs and practices. Internal and external variables influence how a person thinks and acts. An example of an internal variable would be
- *a. Perception of functioning.
 - Family practices.
 - Socioeconomic factors.
 - Cultural background.
64. The nurse is admitting a patient with uncontrolled diabetes mellitus. It is the fourth time the patient is being admitted in the last 6 months for high blood sugars. During the admission process, the nurse asks the patient about her employment status and displays a nonjudgmental attitude. Why does the nurse do this?
- Noncompliant patients thrive on the disapproval of authority figures.
 - External variables have little effect on compliance.
 - *c. A person's compliance is affected by economic status.
 - Employment status is an internal variable that impacts compliance.
65. The nurse is working in a clinic that is designed to provide health education and immunizations. As such, this clinic is designed to provide
- *a. Primary prevention.
 - Secondary prevention.
 - Tertiary prevention.
 - Diagnosis and prompt intervention.
66. The patient is admitted to the emergency department of the local hospital from home with reports of chest discomfort and shortness of breath. She is placed on oxygen, has labs and blood gases drawn, and is given an electrocardiogram and breathing treatments. What level of preventive care is this patient receiving?
- Primary prevention
 - *b. Secondary prevention
 - Tertiary prevention
 - Health promotion
67. A patient is admitted to a rehabilitation facility following a stroke. The patient has right-sided paralysis and is unable to speak. The patient will be receiving physical therapy and speech therapy. What are these examples of?
- Primary prevention
 - Secondary prevention
 - *c. Tertiary prevention

- d. Health promotion
68. Risk factors can be placed in the following interrelated categories: genetic and physiological factors, age, physical environment, and lifestyle. The presence of any of these risk factors means that
- a. A person with the risk factor will get the disease.
 - *b. The chances of getting the disease are increased.
 - c. The disease is guaranteed not to develop if the risk factor is controlled.
 - d. Risk modification will have no effect on disease prevention.
69. The patient has quit smoking and has been smoke free for the past 2 years. Of the following stages, which best fits her current stage of change?
- a. Contemplation
 - b. Preparation
 - c. Action
 - *d. Maintenance
70. The patient had a colostomy placed 1 week ago. When approached by the nurse, the patient and his wife refuse to talk about it and refuse to be taught about how to care for it. The nurse realizes that the patient and his wife are in which stage of adjustment?
- a. Shock
 - *b. Withdrawal
 - c. Acceptance
 - d. Rehabilitation